



## Sa'Heh'Wa'Mish Days

**February 18-20**

**Vendor Spaces Available**

Please pick up your application from the museum,  
or call Ruthie at 432-3841

### Powwow Royalty Contest

Hey kids, come sign up  
for the Princess & Warrior contests!  
Please pick up your application from the museum,  
or call Ruthie at 432-3841

## Calling Tribal Entrepreneurs

Charlene Krise - Squaxin Island Tribe will be hosting one of the largest gatherings of Native American Tribal people in Washington State during the 2012 Squaxin Island Tribe Canoe Journeys Hosting. The visiting tribes come from far away places and will be staying at Squaxin for about 4-6 days. Each previous hosting Tribe of the Canoe Journey has tried to calculate how many people they had to host; it has fluctuated between 2,000 and 10,000 people (tribal and tourist). Squaxin will be providing breakfast, lunch and dinner, but many visiting Tribes and tourists will gladly venture out and dine on quick food (indigenous) and purchase products or keep sakes from vendors.

This is a good time for Squaxin Island Tribal members to look at "Squaxin Tribal Members Marketing Skills" by broadening their entrepreneurship. Squaxin Tribal members have been into small businesses including seafood, catering, cleaning, fireworks, native artwork sales and the list goes on and on. The hosting of the 2012 Canoe Journey is a good opportunity for Tribal members to earn additional income or launch products or services.

This year Swinomish Tribe is hosting, so its a good year to study the market during the Canoe Journey and find out what type of a "unique" product can be provided or sold during the hosting of 2012 Canoe Journey at Squaxin Island Tribe.



## Veteran's Meeting

**Feb. 14, 2011**

**Beginning at 10:00 a.m.**

**Tribal Center Conference Room**



Presented by the Squaxin Island Tribe

## Sa'Heh'Wa'Mish Days

February 18th, Coast Salish Gathering & Dinner (Native Community Only)  
February 19th, Pow Wow, Grand Entry 1:00 pm & 7:00 pm  
February 20th, Pow Wow, Grand Entry 12:00 pm  
**At the Skookum Creek Event Center**  
**Little Creek Casino Resort**  
**(360) 432-3841**  
91 W State Route 108, Shelton, WA 98584

Master of Ceremony  
Ray Fryberg  
(Tulalip)

Arena Director  
Sonny Eaglespeaker  
(Blood)

**Over \$20,000  
in prizes**

Grammy nominated  
*The Boyz*



**Squaxin Island**  
TO SQUAXIN

**LITTLE CREEK**  
CASINO-RESORT

**SKOOKUM CREEK**  
TOBACCO







## Honoring Our Veterans at Christmas



## Electronic Elections?

Don has set up a demonstration on electronic elections with the company True Ballot. They will be here on Wednesday, February 23rd at 10:00 a.m. in Council Chambers. Please feel free to come see this demo. Mark your calendars!

## Squaxin Island Tribe Elders

The Elders would like to thank  
Little Creek Casino Resort  
and its staff for the outstanding service  
and great food at our Christmas party.  
It was great and, every time we come to  
Little Creek, every thing is outstanding.  
(Your wait staff is the best)  
Thank you very much!

## Tribal Council Resolutions

**10-110:** Reappoints Ron Whitener as Commissioner of Business Affairs and Wendy Bowman as Commissioner.

**10-111:** Directs that all operations and maintenance practices at Salish Cliffs Golf Course be conducted with a commitment to environmental stewardship and sustainable practices consistent with salmon-safe standards within the daily maintenance and management activities.

**10-112:** Approves the tentative settlement between Miller Land and Timber LLC, the Tribe and the Department of Ecology in which Miller will pump into Woodland and Fox Creeks substantially more mitigation water drawn from a deep aquifer, and the Tribe can inspect the pumping system as long as it operates

**10-113:** Approves membership in the the Tribal Solid Waste Advisory Network

**10-114:** Approves the Squaxin Island Transits Project description within the Human Services Public Transportation Coordination Plan and commits to a 50% match

**10-115:** Approves a change to the Rent Collection Policy

**10-116:** Directs a removal from tribal enrollment based on recommendations from the Enrollment Committee and pending further proof via DNA testing

## Burn Barrels are Illegal

The Washington Clean Air Act states that only natural vegetation may be burned. Do not burn: garbage, dead animals, asphalt, petroleum products, rubber products, plastics, paper (other than what is necessary to start the fire), cardboard, treated or painted lumber, commercially processed wood, construction debris, metal or any substance that releases toxic emissions, dense smoke or obnoxious fumes and odors when burned.

The Fire Marshal is authorized to prohibit all outdoor burning in the event of extreme fire danger or air pollution episodes, and to enforce the Mason County Fire Code.

The person in charge of any outdoor burning operation will be liable for the cost of suppression if the fire gets out of control or if it becomes necessary to extinguish the fire as a result of an enforcement action.

Burn only during periods of calm light winds. Burning during periods when winds may scatter loose, flammable or combustible, material is considered an extreme fire hazard.

Composting, chipping, and hauling to recycling locations are alternatives to outdoor burning. These alternatives are strongly suggested.

For more information contact the Mason County Recycling Coordinator, at (360) 427-9670 extension 771  
Office Hours: 8:30 - 4:30 M-F

## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
TOLL FREE: 877.386.3649  
FAX: (360) 426-6577

[www.squaxinisoland.org](http://www.squaxinisoland.org)



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
PETE KRUGER: Secretary  
ANDY WHITENER: Treasurer  
MISTI SAENZ-GARCIA: 1st Council Member  
MARCELLA CASTRO: 2nd Council Member  
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)



## Business Center Update

By: Stephanie Gott - The Business Center has been keeping busy with all kinds of exciting and new changes. With the New Year brought a new Business Center Director, Whitney Jones. Many know her from the numerous years she has worked for the Squaxin Island Tribe and we are very excited to have her working with us!--WELCOME WHITNEY!

Equally exciting is watching the preparations and hard work that have gone into making the Kamilche Cafe and Espresso a reality. Personally, I can't wait!--anyone who knows me would agree that I LOVE food and I have been blessed with the title, "taste tester".....YUM!! Need I say more? Not only that, but these yummy creations are only a hop-skip-and-jump from my office!!

Now normally I am spotlighting a business for my article and I will be resuming spotlights for next month's newsletter, but I want to take a moment to extend the welcoming of suggestions for upcoming business spotlights. So if you, or someone you know, owns a native-owned business and would like to be spotlighted in an upcoming Klah-Che-Min Newsletter please contact me at the Ta-Qwo-Ma Business Development Center: 462-0339.

Also, I am interested in spotlighting the "Jr. Entrepreneurs." Anyone under 18 years of age that has shown their entrepreneurial spirit—I want to hear from you as well.

Before I conclude this article, I would like to "tip my hat" to all the Harvesters—The Fishermen, The Geoduck Divers, The Shellfish Diggers.....harvesting is hard work! I've thought about everyone who participates in harvesting natural resources... especially when temperatures drop to near freezing...Two Thumbs Up from this girl!! You are all my inspirations!

**Thank you to IEI & KTP for donating gift cards to  
WalMart to needy families within TANF!**

**We were one of the lucky ones to receive a gift card,  
and it couldn't have come at a better time because we have  
a new addition to our family! With that we were able to give  
Treyson a wonderful Christmas! Thank you all so much.  
- Nick, Trey and Olena!**



## Kamilche Café & Espresso Is Open

By Brittany Bitar - Kamilche Café & Espresso has opened in its new location. This has been an exciting time for all of the baristas. We can't wait to serve our customers at our beautiful new espresso stand. The café has added more options to the espresso menu. One of the tasty additions is an assortment of all natural, 100% crushed fruit smoothies. We are currently offering delicious breakfast sandwiches, pastries and other great snacks. The café will be serving clam chowder as well as a soup of the day. The lunch menu will be expanded to include sandwiches and salads later in the month. Stop in and check out our new location as well as our new menu items, see you soon!

## Holiday Drive Hammered, Get Nailed Campaign Results

The results are in from the recent Drive Hammered, Get Nailed enforcement campaign conducted from November 25, 2010 through January 2, 2011.

In Mason County, 27 motorists were stopped and arrested for driving under the influence (DUI), and statewide, law enforcement officers arrested 3,577 drivers for DUI.

In Mason County, the Shelton Police Department, the Mason County Sheriff's Office and the Washington State Patrol, participated in the extra emphasis patrols, with the support of the Mason County DUI/Traffic Safety Task Force. The extra patrols were funded by a grant from the Washington Traffic Safety Commission.

During 2009, impaired drivers killed more than half of the 491 people who died on Washington's roadways. The 264 impaired driver-involved deaths last year represent a decrease of nine fatalities compared to the previous five-year average.

For additional information about the Washington Traffic Safety Commission, visit [www.wtsc.wa.gov](http://www.wtsc.wa.gov).

## Call for Native Artists

The Office of Minority Health Resource Center is in the process of developing American Indian/Alaska Native Youth related digital educational materials. Along with our partners, Kat Communications, and the IHS HIV Program, we are seeking American Indian and Alaska Native artists that can portray regional and cultural areas. We are accepting ALL styles and themes of American Indian/Alaska Native Art. Traditional, contemporary, alternative process, digital, mix processes, and experimental works are welcome. All art must be original and appropriate for conversion to a digital format. Please send us a one paragraph biography, and details about the type of art work you create to [artists@katcommunications.com](mailto:artists@katcommunications.com).

Deadline: February 18, 2011. Once chosen to work on the project, artists will be compensated. Additional Questions? Contact [artists@katcommunications.com](mailto:artists@katcommunications.com) or Evonne Bennett-Barnes at [ebennett@minorityhealth.hhs.gov](mailto:ebennett@minorityhealth.hhs.gov).



**FACTORY OUTLET STORE**

♥♥ FEBRUARY SPECIAL ♥♥

TRIBAL MEMBERS ONLY  
**DISCOUNT**  
\$6.50 OFF PER CTN  
TRADITIONS  
COMPLETE  
PREMIS  
"2NDS"  
RYO TOBACCO  
Island Blendz Little Cigars  
\*We offer \$5.00 per carton discounts to  
Tribal Members EVERYDAY!  
Coupon Expires 2/28/11

**A sincere thank you  
to IEI and KTP  
for sponsoring needy  
families for Christmas.  
You're my heroes!  
- Vicki Kruger**



To contact a  
Squaxin Island  
Police Officer Call:  
**360-426-4441**

If it is an  
EMERGENCY  
CALL 911





## Walking On . . . Toby Brownfield



Toby Joseph Brownfield, 33, passed away from injuries sustained in a single car accident on Steamboat Island Road on December 8, 2010.

He was born in Olympia, WA on April 30, 1977 to Mike and Sally (Selvidge) Brownfield. Toby resided in Kamilche most of his life and was an enrolled member of the Squaxin Island Tribe.

As a youngster, Toby had a joy for life. He was a Cub Scout, played Little League baseball, took Honors in science fairs and was the County Hoop Shoot Champ, along with his cousin, Amy Brown, when he was 10.

Along with his love of family and friends, he was passionate about riding, building and fixing motorcycles. After graduating from Shelton High School in 1995, Toby went on to graduate from Motor Cycle Mechanics Institute in Phoenix, Arizona. Toby worked several years at Cycle Mart in Olympia and most recently at Olympia Motor Sports as well as working on and building motorcycles in his own shop. When he wasn't working on motorcycles, he was helping a friend, fishing or camping on Squaxin Island.

Every year he looked forward to helping the Squaxin Elders at OysterFest. He'd done that since he was five years old. Toby enjoyed strong traditional influences by grandparents and uncles who monitored him as he learned hunting, fishing and other tribal ways. His Grandpa Kenny taught him the art of smoking some of the best smoked salmon around.

Toby spent his last week with his uncle Kenny in Republic, WA, hunting and having a good time.

He was preceded in death by his father, Mike Brownfield, grandparents Sally (Brown) and Kenny Selvidge, Pearl (Clark) and Keith Satterthwaite and Paul Martin Brownfield. Toby is survived by his mother, Sally Brownfield, and his brother, Jess Brownfield, both of Kamilche. Services were at the Squaxin Island Gym. He was laid to rest next to his father at Shelton Memorial Park.

### Friends and Relatives

We would like to thank all of those who showed their love and support in the loss of our son and brother, Toby Joseph Brownfield. Your many prayers and condolences have brought us comfort during this difficult time. We would especially like to thank Dave Lopeman for his strength in providing our family and community support and guidance in times like this, the cooks who jump in to provide for the meal, Mary Williams for making all that great fry bread, Jenna for putting together the picture display, Sadie, Bev, Lisa and Jeremiah for getting the slide who put together, law enforcement, legal, maintenance, the pall bearers, all those who came by the house . . . There have been so many. You know who you are, I am still in a fog. To all those who attended the service or were with us in spirit our hands go up to you as we bid our beloved Toby, 'huy' until we meet again.

- Sally 'Sis' Brownfield, Mother
- Jess Brownfield, Brother







## Walking On . . .

### Calvin "Cal" Peters

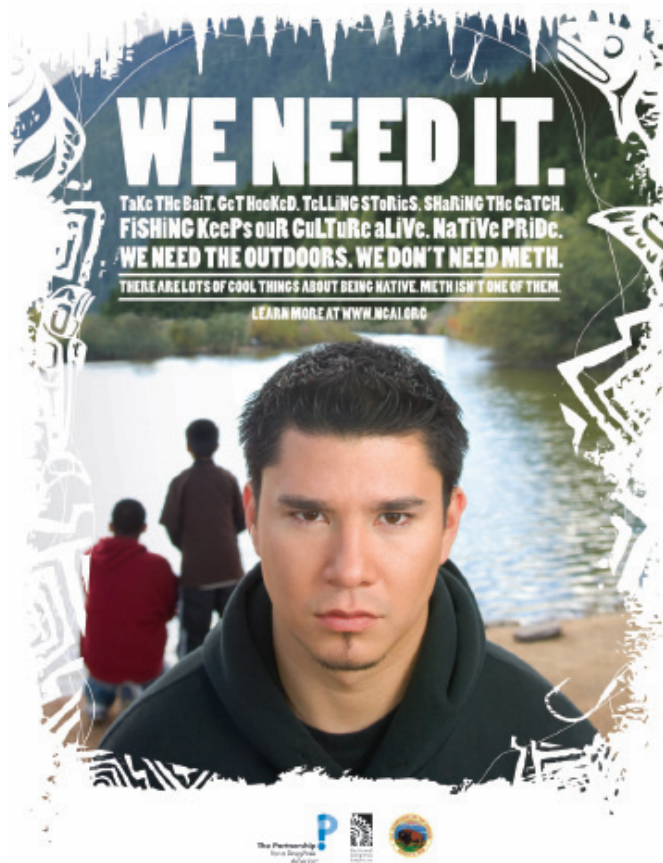
Cal was born March 19, 1927, and passed away peacefully in his home January 19, 2011, surrounded by his wife, Ina, who shared his life for over 60 years, his seven children: Steven of Shelton, Richard of Olympia, David, Mark and Roger all of Tacoma and his two daughters, Susan MacKenzie and Karen Farr of Tacoma, and adopted son, Daniel Morgan of Seattle. He is also survived by his brother William Peters of Olympia, sister-in-law Elsie Charron of Tacoma, twenty-two grandchildren and thirteen great-grandchildren and numerous nieces and nephews.

He loved his family unconditionally and was loved in return.

Cal was an enrolled member of the Squaxin Island Tribe and was proud of his Native American heritage. He will be remembered as an advocate of Native American Treaty Rights, serving on the Squaxin Island Tribal Council and various committees, as well as State and National Native American rights organizations.

A memorial is scheduled to celebrate his life at the Squaxin Island Entertainment Center in Kamilche at 11:00 a.m., February 15, 2011.

In lieu of flowers you may make donations in Cal's name to the Squaxin Island Elders, 10 SE Squaxin Lane, Shelton.



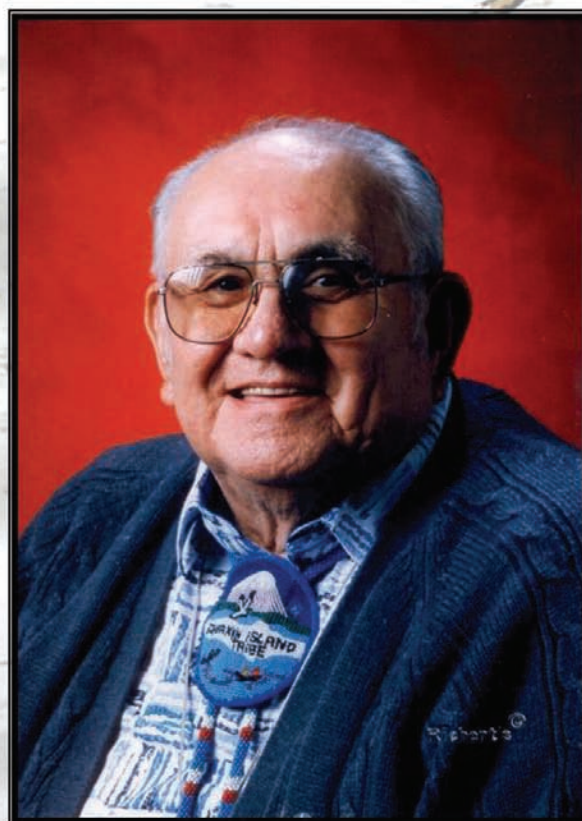
## Celebrating the life of Calvin "Cal" Peters

March 19, 1927 - January 19, 2011

February 15, 2011

11:00 a.m. Little Creek Events Center

Cal was a highly respected Elder of the Squaxin Island Tribe. He was an integral part of our tribal history and served on the Tribal Council for many years.



Assistant Secretary  
1952-1955  
Tribal Council Secretary  
1969-1975  
Tribal Council Chairman  
1975-1981  
Tribal Council Member at Large  
1981-1984  
Tribal Council Vice Chairman  
1996-2001

The family requests that in lieu of flowers, donations be made to the Squaxin Island Elders.





## Office of Housing

### Attention Housing Applicants

REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Juana Perry, Occupancy Specialist, at (360) 432-3863. If you do not update your application by March 31, 2011, your name will be removed from the housing waiting list.

If do not update your address to receive the update application and/or do not update your application by March 31, 2011, your name will be removed from the housing waiting list.

## Solid Waste and Recycling Program

### Reduce, Reuse, Recycle

Sheena Kaas - When we think of waste reduction we typically think of recycling. While recycling keeps some products out of landfills, it is only one method (and the least effective method) of waste reduction.

Reducing the waste we generate by reducing products we purchase is the most effective form of waste reduction. We can opt out of purchasing those things we don't need and opt to purchase higher quality products that will last longer as opposed to low quality products that wear out quickly.

Re-using and re-purposing our products is the second most effective way of keeping trash out of landfills. Paper can be turned over and used again on the other side. Plastic bags and containers can be reused. Glass jars create great storage in a workshop and newspaper makes great packaging material. Clothes can be passed on to friends or donated to a local second hand store like Goodwill.

Recycling requires energy to break down and reproduce old products into new ones and recycled products are typically recreated into other products that are not recyclable. While recycling is the least effective form of waste reduction, it is still better than throwing products in the trash. Many household products which cannot be recycled in recycling bins can be taken at no cost at Wilson's Recycling on Brockdale Road. For a list of products taken at Wilson's Recycling, visit [www.wilsonrecycling.com](http://www.wilsonrecycling.com).

Questions and comments about this article are always welcome and can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager at 432-3907 or [skaas@squaxin.us](mailto:skaas@squaxin.us).

## Reducing Your Waste to Be More Green

For many people, trash is "out of sight, out of mind" as soon as it leaves their homes. But being green means reducing your impact on the planet, which means reducing your trash. Looking at what you throw out each week helps you devise strategies to reduce your waste. Follow these steps for one week on your way to a smaller and more eco-friendly trash heap:

1. Assess how much trash comes from typical sources such as packaging, food waste, and
2. Take note of all the items in your trash that could be recycled or composted. If you're not already recycling or composting, imagine how adopting those two practices would reduce your weekly trash.
3. Take a look at what's left — the unrecyclable items. Consider measures to reduce this type of trash by not purchasing or producing it in the first place.

## Carbon Monoxide Poisoning and Winter Fire Hazard

When it comes to winter, precautions need to be taken to avoid carbon monoxide poisoning and winter fire hazards. Carbon monoxide often is called the silent killer because it is an invisible, odorless, colorless gas created when fuels, such as kerosene, gasoline, wood, coal, natural gas, propane, oil, and methane, etc., burn incompletely.

Carbon monoxide can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages.

Common symptoms of carbon monoxide poisoning may include headache, nausea, and drowsiness. Extremely high levels of poisoning can be fatal, causing death within minutes. Be especially alert during heavy ice and snow conditions in the heating season and extremely cold weather.

### To avoid carbon monoxide poisoning, take these precautions:

- Make sure all fuel-burning vented equipment, such as vents for the dryer, furnace, stove, and fireplace - is vented to the outside to avoid carbon monoxide poisoning. Make sure the vent for the exhaust is kept clear and unobstructed by snow or ice.
- Also be sure the gas meter is clear. If the meter or an appliance vent is covered in snow, remove the snow carefully with the hand, a brush, or broom. Do not remove it by kicking or with a shovel. Be careful not to shovel, plow or blow snow up against the meter or a vent pipe.
- Install and maintain carbon monoxide alarms.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Never run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked with snow, ice, or other materials.
- Only use barbecue grills, which can produce carbon monoxide, outside. Never use them in the home, garage, porch, or near building openings.
- Follow the use and care instructions when using portable generators during power outages. Safe use is critical, so fumes do not enter the home.
- Remember to keep battery powered lights indoors and in all vehicles.

### To avoid potential fire hazards follow these precautions:

- Turn heaters off when you go to bed or leave the room.
- Use and purchase portable space heaters with an automatic shut off so if they're tipped over they will shut off.
- Place space heater on solid, flat surface.
- Plug power cords directly into outlets and never into an extension cord.
- Inspect for cracked, damaged or broken plugs, and loose connections and replace
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Supervise children when a fireplace, fire pit, or other space heater is being used.
- Use a sturdy, metal screen to prevent contact burns, which are most common.
- All heaters need space. Keep things that can burn, such as paper, bedding or furniture, at least three feet away from heating equipment.
- Use heating equipment that has the label of a recognized testing laboratory.
- Never use the oven for heating.

Many safety professionals warn against using any type of portable space heaters indoors due to fire risks and potential fire hazards. Fuel burning space heaters give off carbon monoxide and other air pollutants. If you must use one in a temporary situation, do not leave it on when no one is in the room or while sleeping. For more information, go to [www.nfpa.org](http://www.nfpa.org).





## New Year's Resolutions to Improve Personal Finances

Many people dread making New Year's resolutions because they're afraid they'll fall short. However, one minor setback doesn't mean having to write off the rest of the year. Success can be attained by starting out with small steps.

Improving personal finances is a popular New Year's resolution. Here are a few ideas from Jason Alderman, Personal Finance Expert and Director of Visa's Practical Money Skills for Life program:

- Most dieters know that the key to success is to monitor every morsel you eat. You can use the same strategy when designing a livable budget.
- For one month write down every cent you spend: rent, food, gas, clothes, cable, insurance, 401(k) contributions, entertainment – everything.
- Start paying down debts. List all outstanding balances and their corresponding interest rates. Then, each month pay the minimum amount due on each account – except pay as much as possible on the highest-rate account or loan.
- Start building an emergency fund. Start slowly with a few dollars each month. For example, set aside \$1 a day for a month. Then double that amount to \$2 for the next month. Double that again a month later and keep that pattern up.
- Look to the future. Buying a home, paying for college and retirement are all big-ticket items that require sound budgeting and credit management skills.



## Documents to Bring to your Tax Appointment

If you plan to use a preparer to help you file a return and claim the EITC, you should bring certain documents to prove your income, deductions/credits, dependents, etc. These documents include:

- Valid driver's license or photo identification (self & spouse, if applicable)
- Social Security cards for all persons listed on the return
- Dates of birth for all persons listed on the return
- All income statements: Forms W-2 and 1099, Social Security, Unemployment, or other benefits statements, records of income and expenses from a business you own and any documents showing taxes withheld
- Dependent child care information: payee's name, address and SSN or tax ID number
- Proof of account at financial institution for direct debit or deposit (i.e. cancelled/voided check or bank statement)
- Prior year tax return (if available)
- Any other pertinent documents or papers

Your Return Preparer, whether paid or volunteer, is required to ask you multiple questions to determine your correct income, expenses, deductions, and credits. Your Return Preparer has your best interests in mind and wants to help you avoid penalties, interest, or additional taxes that could result from later IRS contacts.

You are responsible for what is on your tax return. Being ready, with the right documents to prepare your return, will save you time and reduce the chance of mistakes.

## Free Tax Preparation Site (Basic Returns)

The Squaxin Island Tribe – Office of Housing will be sponsoring a  
FREE TAX PREPARATION SITE for the 2010 tax year

Administration Building – 1st Floor

February 8 – April 14, 2011

The site will be open to the public and operating two evenings a week

Tuesday and Thursday evenings

4:30 p.m. – 7:30 p.m.

By Appointment only

### Make Tax Time Cash Time

Don't pay high or unnecessary fees to a commercial taxpayer!

Use your local free tax prep site.

**Think of all the money you will save!!!**

Call Lisa @ 432-3871 to schedule an appointment.

## WHY PAY FOR SOMETHING YOU CAN GET FOR FREE?



**You don't have to pay high fees to commercial tax preparers for quick cash refunds. Find a free tax preparation site near you!**

### KEEP YOUR CASH!

Instant tax refunds are really high cost loans! Free tax sites have volunteers trained by the Internal Revenue Service who can help you maximize your tax refund and get it deposited electronically in your bank account. Access your funds in just a few days.

### GET YOUR CREDITS!

Every year in Native communities, millions of Earned Income Tax Credit (EITC) dollars go unclaimed. If your family earned less than \$43,352 in 2010, you may qualify for the EITC when you file your return. You could get up to \$5,666 depending on your income and number of qualifying children.

### PUT YOUR MONEY TO WORK!

Use your tax refund to achieve your family's financial goals. Pay bills, improve your credit by reducing your debt, or save for a house, your education or a small business.

Oweesta Corporation [www.oweesta.org/eitc](http://www.oweesta.org/eitc) 605-342-3770  
Made possible by Annie E. Casey Foundation



## Squaxin Island Free Tax Preparation Site

Administration Bldg. 1st floor

February 8 - April 14

By appointment only

Tuesdays and Thursdays from 4:30 - 7:30 p.m.

Contact Lisa Peters to schedule an appointment at 432-3871





## Internship Opportunities Spring and Summer 2011

The Indian Land Tenure Foundation is looking to hire up to three current undergraduate or graduate students as interns: one for the spring semester and two for summer of 2011. The spring internship is a part-time position of approximately 5-10 hours a week and the summer internships are full-time positions over the course of 10-12 weeks.

All three internships are research-based and emphasize collecting, compiling and analyzing information about Indian land ownership in the U.S. These are excellent opportunities for any students who have a background in Native American history and issues or who have a strong desire to learn. Visit our website to find out more:

<http://www.iltf.org/news/announcements/internship-opportunities-indian-land-tenure-foundation-spring-and-summer-2011>

## Way to go Sylvan Students

Shannon Bruff - December attendance can be spotty, but it was great this year! We had SIX Perfect Attendance Winners in December: Casey Badillo-Brown, Grace Brown, Jeffrey Nerney, Jenica Nerney, Fern Rodriguez, and Laura Snyder. Those six students will receive a certificate plus 50 bonus tokens!

Grace Brown has now had three months of Perfect Attendance in a row, so she will also get to select a \$25 gift card!

These five only missed monthly Perfect Attendance by one session: Jackson Cruz, Kierah Lincoln-Sigo, Shawn Lincoln-Sigo, Kayden Palmer and Emily Whitener.



<b>FEBRUARY</b>		<b>Squaxin Youth Education, Recreation and Activities Calendar</b>				
		TLC hours M-F 8:30am-5pm Front Desk: 432-3958				
		Gym/Rec. hours M-Th 3-7pm; F 3-6				
		All activities are drug, alcohol and tobacco free. Co-sponsored by DASA				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
After school snacks M-F 4-5pm Computer Lab M-Th 3-6, F 3-5pm Homework Help & GED Prep. in TLC classroom M-W 4-7pm			<b>Key</b> E.R. = early release SSD = Shelton School District GSD = Griffin School District			
		1 Lushootseed Activities	2 Griffin E.R. Youth Council @ 5:30 Cheerleading 5-7 <b>Open Swim 3-6</b>	3 WSU Nutrition 4-5:30	4 1.5 hr SSD E.R. Girl Scouts 5-7 <b>Open Swim 5-8</b>	5
6	 <b>Open Swim 3-6</b>	8 Lushootseed Activities	9 Griffin E.R. Youth Council @ 5:30 Cheerleading 5-7 <b>Open Swim 3-6</b>	10 WSU Nutrition 4-5:30	11 Girl Scouts 5-7 <b>Open Swim 5-8</b>	12
13	 <b>Open Swim 3-6</b>	15 Lushootseed Activities	16 Griffin E.R. Youth Council @ 5:30 Cheerleading 5-7 <b>Open Swim 3-6</b>	17 WSU Nutrition 4-5:30	18 NO SCHOOL SSD & GSD Girl Scouts 5-7 <b>Open Swim 5-8</b>	19
20	21 <b>President's Day</b> NO SCHOOL SSD & GSD <b>Open Swim 3-6</b>	22 Lushootseed Activities	23 Griffin E.R. Youth Council @ 5:30 Cheerleading 5-7 <b>Open Swim 3-6</b>	24 WSU Nutrition 4-5:30	25 1.5 hr SSD E.R. Girl Scouts 5-7 <b>Open Swim 5-8</b>	26
27	 <b>Open Swim 3-6</b>					





## Special Thanks from Suzy, the Bus Driver

Hi everyone, this is Suzy, the bus driver. I wanted to take the time to say a big thank you. Now I bet you are wondering what for? Well, I want to thank all of you for the wonderful effort everyone put in when the buses went on Emergency Routes. I cannot believe how smooth everything went for us on the routes.

I want to thank Rene and Tracy from tribal police. Rene kept everything running smooth at KTP. Tracy drove all over looking for kids. I wish to thank Tammy, from Tribal Transit, for making the pickup times and bus routes work.

I have to thank my parents. Wow! You really pulled together to get all the kids to and from the bus stop.

The Tribal Council deserves to be thanked as well. If you hadn't asked the question, "how can we help with emergency bus routes?" to begin with, things would not have gone so great.

Thank you just doesn't seem like a big enough or good enough word to cover all the help and good work. Everyone pulled together and worked like a well oiled machine. I want you to know how much I appreciate everyone. If we all keep working together, we can get it done.

- Suzy Felton, Bus 120

## Scholarships

### **American Indian Endowed Scholarship:**

The Higher Education Coordinating Board (HECB) is now accepting applications for the 2011/12 American Indian Endowed Scholarship (AIES) awards. The application is available at the HECB web site at:

[www.hecb.wa.gov/paying/waaidprgm/aies.asp](http://www.hecb.wa.gov/paying/waaidprgm/aies.asp).

A hard copy must also be printed, signed and mailed to HECB.

### **The American Indian College Fund:**

For information and application please visit their website at:

[www.indian-affairs.org/scholarships/aaia\\_scholarships.htm](http://www.indian-affairs.org/scholarships/aaia_scholarships.htm)

### **Indian Health Services Scholarship:**

For more information and application please visit their website at:

[www.scholarship.ihs.gov](http://www.scholarship.ihs.gov)

### **American Indian Services Scholarship:**

For more information and application please visit their website at:

[www.americanindianservices.org/students](http://www.americanindianservices.org/students).



## Native American Veterans Memorial Initiative Launched

WASHINGTON, D.C. -- Seminole Tribe of Florida Chairman Mitchell Cypress is calling on tribal leaders, all military veterans and individuals around the globe, to join him in supporting the Native American Veterans Memorial Initiative. The recently announced Initiative will honor Native Americans who have served in all branches of the Armed Forces of the United States of America, including Native Americans who have served in World War I, World War II, the Korean War, the Vietnam War, the Gulf War and the current conflicts in Iraq and Afghanistan.

A Vietnam-era veteran of the U.S. Army, Chairman Cypress is seeking the support and involvement of all veterans in order to make the strongest possible case for recognition of Native American veter-

ans. Chairman Cypress said, "This effort will include lobbying and public relations programs to impact key individuals, including U.S. Senators and Representatives, their staffs, officials within the Obama Administration, and members of the National Capital Planning Commission, the governmental entity that oversees the design and placement of memorials in Washington, D.C."

"As Native Americans, we have served in every branch of the military, and we would like the same honor and acknowledgment as our other military brothers," Chairman Cypress exclaimed.

Chairman Cypress noted he would like to see a fourth soldier, a Native American, added to the three soldier likenesses

that are part of the Vietnam Veterans Memorial on the National Mall. "We were there during the conflicts, fighting for our country as Native Americans," said Chairman Cypress. "When we look at the beautiful statue that depicts true and brave warriors, we wonder why we were not included. We were there, too."

A Web site has been established for the Native American Veterans Memorial Initiative at [thenavmi.com](http://thenavmi.com). All interested supporters of those that have sacrificed for our freedom, can sign up by submitting their e-mail addresses on the Web site's home page.

Please join forces with us and help with this initiative to get the fourth statue added for all Americans that have fought

and are fighting for our nation's freedom. We need your help!

### **MEDIA CONTACT:**

Gary Bitne  
954/849-9201







# CHRISTMAS PARTY

*Photos by Julie Martinez*







# CHRISTMAS PARTY

Photos by Julie Martinez







# CHRISTMAS PARTY

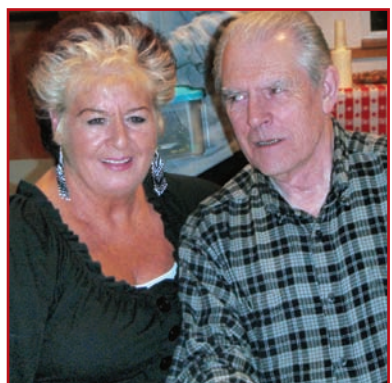
*Photos by Julie Martinez*







# CELEBRATING 70 YEARS OF MARRIAGE







## Squaxin Hosts Lacey Chamber

On Thursday, January 13th, the Squaxin Island Museum hosted the Lacey Chamber. The first such "After Hours" in the past 4 years, the 5:01 Surge was a great success! Nearly 30 Lacey Chamber members attended.

Ruth gave an excellent tour and Mandy was available for questions and discussion of the dig site. Both hosted this group to rave reviews from Lacey Chamber Members. (Leslie Johnson, Tourism director, was home sick, unfortunately).

We gave prizes out to the chamber members including, a museum gift basket, coffee basket from the new espresso stand, (2) boxes of cigars from Skookum Creek Tobacco, box seat concert tickets from Charlene Krise and Leslie Johnson.

Many thanks to the Tribal businesses that helped make this a huge success.

We wanted to promote the museum -- of course! As well as continue getting the word out on Sa'Heh'Wa'Mish Days. The week before, Leslie handed out pow wow posters to the Lacey Chamber at their monthly meeting.

also hosted a customer service training at the museum on January 11th. The free training was available community wide, with major attendance from the Shelton-Mason Chamber of Commerce and Olympia | Lacey | Tumwater Visitor Convention Bureau.

VA -VA- VA VOOM  
Valentines Day  
Make over!

⬆ Saturday, February 12<sup>th</sup>  
⬆ Time 1:00-4:00 P.M.  
⬆ Place: MLRC

Beautify yourself for Valentines Day with Foot soaks,  
paint your fingernails with a new style, and get your  
hair curled  
Come on in & have fun!

Bring a "white elephant" for the  
dice game!

Sponsored by:  
Squaxin Island Tourism  
&  
Squaxin Island Museum,  
Library & Research Center



Join us at Squaxin  
Island Museum  
To make  
Cedar Leggings  
With: Josh Mason

February 4<sup>th</sup> & 5<sup>th</sup>  
9:00 - 4:00

Josh is a Squaxin Island Tribal member who has been phenomenal  
basket weaver for many years. He learns and practices verity  
different styles of weaving by numerous teachers and master  
weavers through out the Pacific Northwest.







# LITTLE CREEK CASINO RESORT



## Renovations Complete

Little Creek Casino Resort has undergone fabulous new renovations.

The casino floor has a whole new look with beautiful salmon murals and gorgeous chandeliers inspired by Squaxin Island artist and LCCR Creative Coordinator Jennifer Johns.

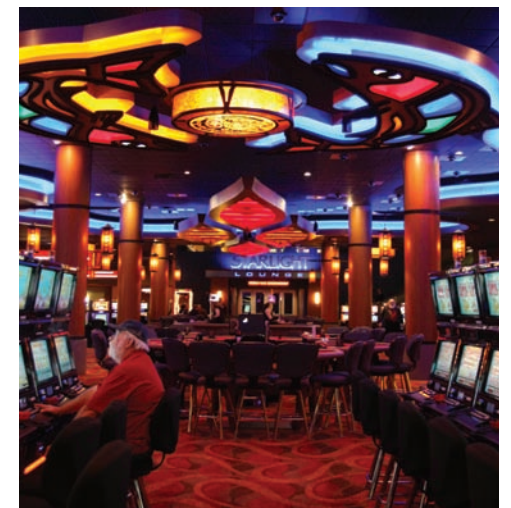
The tribe's "People of the Water" theme is abundant throughout the casino with the salmon, water and canoe lighting. A forest at night is simulated with the dazzling new look for the front of Starlight Lounge.

The Casino has also added several new slot games to complete the upgrade.

### Before



### After







# TRIBAL MEMBER BINGO NIGHT







# ELDERS



Rose Brownfield - About 34 of Elders enjoyed dinner at Old Country Buffet Tacoma Dec 16. After dinner we went through Spanaway park to see Christmas lights.







## A Gifted Weaver Shares Her Skills

***Tribal Member Patti Puhn weaves baskets, vests, capes and more***

Most tribal members know her name. She has served on the Tribal Council and has been employed as the Human Resources Director for five years. But there is much more to this talented lady. In just over two years, she has become a very gifted weaver of traditional Coast Salish basketry and apparel.

"I learned some very basic basketry skills several years ago from my grandmother who was a very accomplished weaver," Patti said. "I feel her presence when I weave."

"But I really caught the passion after attending the Basket Weavers Conference in October, 2008."

Since then Patti has taken weaving classes from Master Weavers Yvonne Peterson, Gail Whiteeagle, Harvest Moon, Donna Choke, June Ward, Laurel Parker and, of course, Rhonda Foster and Charlene Krise. All of these master weavers have encouraged me and taught me a lot," Patti said.

"I hope to sit down with Master Weaver Malynn Foster," Patti said. "Her work is amazing."

Patti began by weaving baskets, and then created a few dozen ornaments and more than a dozen hats - some traditional,



a couple baseball caps and four fedora style.

Patti reads every book she can find on basketry and Native design, but also studies pieces individually to figure out how they were made. "Then I document everything I learn, see or do," she said.

Her works consist of sweet grass, cattails, raffia and bear grass, but cedar is clearly her favorite.

In response to a call from the Mu-

seum Library and Research Center for art to be donated for the art auction, Patti felt inspired to weave a larger item. She wove a vest (modeled by brothers Andy Whitener and Glen Parker) that was purchased by the Tribal Council and will be kept at the Tribal Center for ceremonial usage.

Just recently, Patti completed a cedar cape (modeled by Willow Henry).

"I saw a cape on display at Tulalip when my husband took me there for my birthday over the Christmas holiday, and decided I wanted to make one," she said. "And I'm just finishing up a hat that matches it." She has applied to have the cape displayed in South Puget Sound Community College's cultural art show in April.

Patti has sold a few pieces when asked and was a vendor in the MLRC's Christmas bazaar this year. "Mostly I've gifted and donated my pieces," she said. My son, Joe, and his wife, Melissa, take photos of my work and we make greeting cards which I sell." They have made and distributed more than 3,500 in just the past two years!

"Although a few folks have asked me to weave particular items, I haven't chosen to do commission work because I really

want to be free to weave as I'm inspired," she said.

Patti's work can be viewed at the MLRC and in a display at Little Creek Casino Resort Hotel.

She was also invited to show her work and perform a demonstration for the Washington State Department of Fish & Wildlife at the rotunda in Olympia last year.

In addition to all that, she has taught a number of weaving classes.

"My husband and I gather and prepare most of the materials I use for weaving," Patti said. "Sometimes other family members join us. It's great fun and goes a lot faster."

Patti spent several days experimenting with different dyes and color combinations and has developed several reds which she includes in most of her weaving, especially the cedar.

"Before I start a project, I think about it for several days and spend a fair amount of time praying for guidance, inspiration, strength and assistance to figure the project out," she said. "Then on a large project, I spend at least a day preparing all the materials. There is a lot of math and science involved."

"I am so grateful for my husband, Dave's, support because, once I get started on a project, it's all I want to do for days on end... The vest took about 100 hours to complete and, fortunately, we had a three day weekend. He doesn't even complain about the huge mess I make in our home...I couldn't do it without his support."

"I am pondering the possibility of weaving a skirt next," Patti said.







## Outdoor Activity of the Month

### *Enjoy Winter Recreation Activities at Mount Rainier National Park*

Submitted by Patty Suskin, Diabetes Coordinator



Show Your Tribal Membership Card for Free Admission to the Park

### **Snowplay - Sledding and Sliding**

The snowplay area is immediately north of the upper parking lot at Paradise. Sliding and sledding in the park is permitted ONLY in this designated area. Snowplay runs are supervised by Park Rangers on weekends and holidays from through March 27. Visitors may use the sled runs when the area is not staffed, but the runs are not groomed during the week. For current snowplay status, contact the Longmire Museum at 360-569-2211 ext. 3314 (9:00 a.m. – 4:30 p.m. daily). Because of the high potential for personal injury and frequency of accidents, no other park areas are open to sliding activities. Serious injuries have occurred when people mistakenly slid over waterfalls, into trees, down slopes that were too steep, broke through thin snow into stream gorges, or slammed into other people. Skiing and snowboarding are permitted in other areas, outside of the snowplay area. For your enjoyment and safety, these few guidelines apply:

- Use only inner tubes, plastic sleds, saucers, or other soft sliding devices. No wooden toboggans, runner sleds with metal edges, or other hard devices are permitted.
- Compressed air is available at the rock restroom tunnel across the plaza from the new Jackson Visitor Center when snowplay rangers are present.
- Be sure the run is clear before starting your slide. Collisions may cause serious injury.
- Dress warmly and in layers with a wicking fabric such as wool or polypropylene next to the skin and a waterproof outer layer. Wear hats, gloves, and snow-sealed boots. Do not wear lightweight blue jeans and t-shirts. They get wet easily and will not keep you warm.
- Rest, re-warm, and snack frequently to help keep you comfortable and alert. Take a warm-up break at the Jackson Visitor Center before feet, hands, noses, or ears feel numb. Food service is available from 11 a.m. to 4:45 p.m. when the visitor center is open.
- The snowplay area is usually closed by 4:30 p.m. nightly.
- Check 1610 on your car radio while in the park, for updates on current road conditions.



### **Snowshoe Walks Led by Rangers on Weekends**

Join a Park Ranger to learn the art of snowshoeing in the winter wonderland of Paradise and learn about the ecology of the area. Through March 27 the walks will be conducted on weekends and holidays only. The walks are offered at 12:30 p.m. and 2:30 p.m. on a first-come, first-served basis. Sign up at the Henry M. Jackson Visitor Center information desk at Paradise beginning one hour before the start time. ....

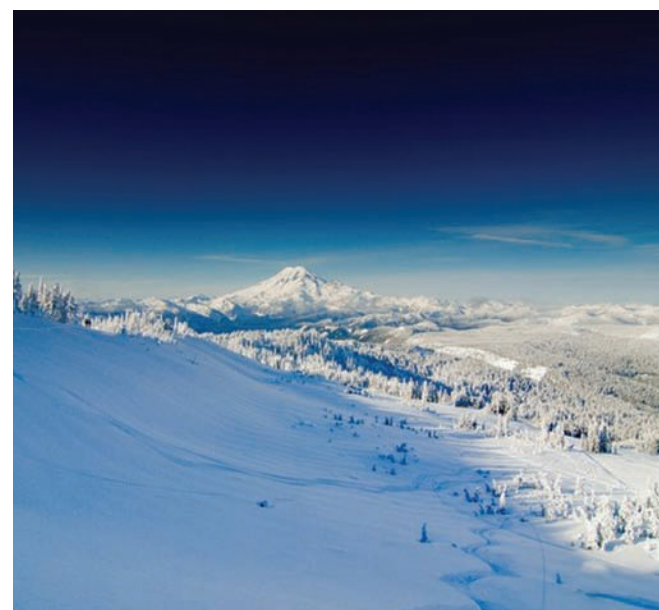
Organized groups of 13-25 people may reserve a snowshoe walk in advance. Group snowshoe walks begin at 10:30 a.m. For more information or to make a group reservation, call (360) 569-2211, ext. 3314.

Snowshoe walks cover approximately 1.5 miles and last up to 2 hours. Snowshoes are provided, or visitors may use their own. A donation of \$4 per person is asked to help defray the cost of snowshoe maintenance. Snowshoeing is a moderately strenuous activity, and participants must be at least 8 years old. Remember to wear sturdy boots and dress in layers.

### **Facility Hours**

The Longmire Museum (360-569-2211, extension 3314) is open from 9:00 a.m. through 4:30 p.m. The Henry M. Jackson Visitor Center (360-569-2211, extension 6036) is open from 10:00 a.m. through 5:00 p.m. on weekends and holidays through March 27.

Visitors are reminded that roads in the park may be closed at any time due to hazardous conditions. When driving on park roads, please use caution as the roads are icy, narrow, and steep. Carry chains at all times and pay attention to changing conditions. General park information is available at [www.nps.gov/mora](http://www.nps.gov/mora) or by calling 360-569-2211.



## **Family Fun in the Snow at White Pass March 5 & 6th, 2011**


The 25th Annual White Pass Winter Carnival is set for March 5 & 6, 2011. This family oriented event features our huge snow castle, professional snow sculptors from around the US and Canada, live music, fireworks, Torch-light Parade, Kids' Carnival, and snow sports competitions for kids and adults.

For more information: and complete schedule:  
<http://skiwhitepass.com/> or call 509 672 3101









**WIC**  
(Women, Infants, and Children)  
provides healthy foods &  
nutrition information for you and your  
child up to age 5.

**Please bring:**  
Your child,  
Provider one card or paystub and  
Identification for you & your  
child with address

**Tuesday,  
February 8th is  
WIC DAY at  
SPIPA**

**Call Debbie Gardipee-Reyes at  
SPIPA 360 462-3227**

## Limits to Leftovers

Americans are economizing and stretching every dollar. As many consumers make their dollar go farther by preparing more meals at home and saving leftovers, it is essential they follow safe food handling practices. This includes discarding refrigerated leftover food within 3 to 4 days.



Temperature and time cause bacteria to grow which is why it is so important your refrigerator be cold enough and you not keep leftovers too long.

There is a limit to how long food can be safely kept!



## FIGHT BAC

**Clean, Separate, Cook and Chill**

**Clean**  
Wash hands and surfaces often.

**Separate**  
Don't cross-contaminate!

**Cook**  
Cook to proper temperatures.

**Chill**  
Refrigerate promptly!

The Partnership for Food Safety Education saves lives and improves public health through research-based, actionable consumer food safety initiatives that reduce food-borne illness.

## FIGHT BAC

**When heating & storing leftovers**

- o Always wash hands with warm water and soap for 20 seconds before and after handling food.
- o Temperatures between 40° F and 140° F allow bacteria to grow rapidly. Refrigerate cooked leftovers promptly - within 2 hours; 1 hour when the temperatures are over 90° F. Use an appliance thermometer to ensure that your refrigerator is at 40° F or below.
- o Divide leftovers into smaller portions and store in shallow containers in the refrigerator. Hot food can be placed directly in the refrigerator.
- o Leftovers should be reheated to an internal temperature of at least 165° F. Use a food thermometer to check the internal temperature. Sauces, soups, and gravies should be reheated by bringing them to a boil.
- o When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive). Cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.



Buying food in bulk can be a money-saver. Remember, whatever the quantity of food - safe handling is a must! Large packages of perishables like raw ground meat and poultry products can be refrigerated for 1-2 days, but then the food should be cooked or put in the freezer.

See fightbac.org for free brochures, fact sheets, stickers and other great stuff!

## New Year's Resolutions

2011 is here and if you are like most of us, you've made a few resolutions. And if you're like most of us, many of your good intentions will be given up on by March 1st.

Goals like losing a few pounds or cleaning all the closets in your house are achievable if you have a plan.

What did you resolve to do this year? Do you want to lose weight? Think about how much you want to lose - 10 pounds? 20 pounds? More? Take it slowly, say you want to lose 25 pounds; give yourself a realistic time frame [by Memorial Day] ; and then cut that goal into smaller segments: lose 5 pounds by February 1st. Lose another 5 pounds [10 pounds total] by March 1st and 15 pounds total by April 1st. Another step towards sticking to your goal is to find a friend or family member who has a similar goal, and support each other. If you both decide to start exercising, do it together. You'll keep each other accountable, and can help motivate each other.

If for some reason you don't achieve a goal, don't give up, reassess your plan and go on. You'll have more luck if you use a variety of strategies to achieve your goals. Remember to keep each step simple. Set reasonable, attainable goals. Keep working on it, bit by bit every day.

- Cindy Beck, ND. CPT, Diabetes Prevention Program

## Toddlers Need to Be Active, Too!

Submitted by Patty Suskin, Diabetes Coordinator- According to the National Association for Sport and Physical Education, preschool-aged children need between 30 and 60 minutes of planned exercise daily. And, even more importantly, young children should not be inactive for more than one hour at a time. That eliminates long hours spent watching television or playing computer games.

### Sports Skills

Exposing children to various sports skills is very important, as these skills are necessary for success in almost all future physical activity and provide children with the confidence to participate in a wide variety of fitness activities. Hitting for distance or kicking a ball into the goal should not be expected. Children aren't yet able to be accurate with these new skills. What's more important is that they have fun with the activity; if they do, they'll want to repeat it.

### Aerobic Exercise

For children to develop a healthy heart & body, they need to move continuously for at least 20 minutes or more at a time while using the large muscle groups in the legs. This type of cardiovascular exercise will help them reduce risk factors for heart disease such as high blood pressure, high blood cholesterol, and high resting heart rate.

If you think "aerobics" sounds a little too serious, recall that most of the games you played during childhood was aerobic exercise (eg, Hokey Pokey, Chicken Dance, Pop Goes the Weasel). The idea is to add a song or silliness to nonstop movement with some type of gross motor skill (eg, tip-toe, march, gallop, hop, skip, run). Children can string together several of these to have continuous movement for more than 20 minutes.

By the time children leave preschool, they should be able to do the following:

- Sit up from back on floor.
- Hop 25 ft in 10 hops.
- Skip 40 ft.
- Bounce and catch a ball 20 times without a miss.
- Balance on one foot for 10 seconds.

Enjoy being active with your toddlers & help them get a started toward strong bodies for life!





# HEALTH CLINIC



## Upcoming Events

### Brief Community Walk

Every Thursday at 12:40 p.m.  
Meet at Elder's Building after Lunch

### Free Diabetes Screening

at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant for details

### Want a garden in your yard?

Are you low income?  
Contact Juana Perry @ 432-3863  
to get on the waiting list to have a garden  
placed in your yard – for FREE.

### Free Pilates classes

Community members welcome  
Mondays and Thursdays  
4:00 - 5:00 p.m. at Health Promotions

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule  
a family & friends session

### Health Promotions Programs

We have exercise videos  
in the building across from clinic  
Work out alone, with us  
or schedule a time for a group

### Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,  
we can provide support.  
If you are Native American and over 18,  
see if you qualify to participate.

### Mammogram Clinic

Thursday, February 17  
9 a.m. to 3 p.m. @ the Health Clinic  
Contact Elizabeth Heredia  
at 432-3930

### Community Health Walk

Thursday, February 17  
Meet at Elder's Building at 12:40  
for a 20 minute walk around the REZ

Contact Melissa Grant (360)432-3926  
Patty Suskin (360)432-3929

## Yoga at Skookum Hall

Join us for Yoga at Skookum Hall  
3480 SE Lynch Road, Shelton  
Most Monday from 5:00 - 6:15 p.m.  
See [www.skookumhall.com](http://www.skookumhall.com) for schedule

Cost is \$10 per session  
Drop-ins welcome

The instructor is Melode Brewer, who has been teaching yoga for many years in Shelton. Her teaching is influenced by the Krishnamacharya lineage. Adults of any age and ability will benefit from her sessions. For your comfort, dress for movement, layers recommended. Bring a blanket and a yoga mat. We have a few extras.



## New Employees



**Cheryl Mahlberg**  
**Contract Services Coordinator**

Hi, my name is Cheryl Mahlberg. You may have seen me at the clinic doing nursing and also as Patient Navigator for the Colon Health Program. I have recently taken a new position as Contract Services Coordinator. I have been blessed to serve this tribe for the last year and a half and look forward to continuing that service.



**Glenda Loomis, RN**

Greetings to Squaxin Island tribal members, colleagues and friends. I am Glenda Loomis, RN, the new Colon Health Program Patient Navigator. My most recent job was working with the Skokomish Tribe as their Clinic Nurse. I am a Minnesota Native, trained as a nurse with the Mayo Clinic, and I also have experience in emergency, pediatrics and long-term care. I am married and have two daughters, one son and three grandchildren. Leisure activities include sewing and riding my 2004 Heritage Softtail Harley Davidson motorcycle. I look forward to serving the "People of the Water."

## Meal Program

Tues., 1: Soup & Sandwich  
Wed., 2: Pork Roast  
Thurs., 3: Pizza

Mon., 7: French Dip  
Tues., 8: Soup & Sandwich  
Wed., 9: Chicken Tacos  
Thurs., 10: Baked Salmon

Mon., 14: Baked Potato Bar & Chili  
Tues. 15: Soup & Sandwich  
Wed., 16: Shrimp Fried Rice  
Thurs., 17: Spaghetti & Soup

Mon., 21: Tuna Melt & Soup  
Tues., 22: Soup & Sandwich  
Wed., 23: Shepard's Pie  
Thursday, 24: Stuffed Bell Peppers

Monday, 28: Lasagna  
Menu subject to change

## Need Food? Check these out..

### WIC @ SPIPA

Provides healthy foods and nutrition  
information for you  
and your child up to age 5  
Please bring: your child, medical coupons  
or paystub & identification  
Tuesday, February 8th  
9:00 - 4:00  
Contact Debbie Gardipee-Reyes:  
462-3227  
Dates subject to change

### USDA FOODS AT SPIPA

Contact Shirley or Bonita at  
438-4216 or 438-4235  
Monday, February 7  
10:00 a.m. - Noon

### FOOD BANK

At Health Promotions Building  
If you need access to the food bank at any  
time once a week, just stop by.  
If possible, Wednesday is the best day.  
If you would like to be on call list for  
fresh produce or bread, let me know.  
Contact Melissa Grant: (360)432-3926





## Happy Birthday

Harry Johns Jr. 01  
Camden Adams-Lewis 01  
Winter Perez 01  
Mistifawn Martinez 03  
Donald Briggs 03  
Lareciana Broussard-James 04  
Lydia Algea 04  
Larry Bradley, Jr. 04  
Isaiah Rees 04  
James Cooper 04  
Kalea Johns 04  
Ronald Dailey 04  
Dylan Suarez 05  
Anthony Pinon 05  
Shannon Cooper 05  
John Briggs 05  
Stephanie Gott 06  
Sebastian Rivera 07  
Michael Mosier 07  
John Tobin 07  
Ruth Lopeman 07  
Justin Lopeman-Dobson 08  
Fawn Tadios 08  
Barbara Knudsen 08  
Michael Henderson 09

Stefanie Kenyon 09  
Crisaleena Rees 10  
Shaelynn Peterson 11  
Alei Henderson 11  
Hunter Merriman 11  
Brent Snipper 11  
Russ Addison 12  
Che-Vonne Obi 12  
Eugene Cooper 13  
Ramona Mosier 13  
Michael Furtado 14  
Alicia Boyette 15  
Sean Jones 15  
Sonja Clementson 15  
Justine Vandervort 16  
Jennifer Kenyon 16  
Jean Henry 16  
Micheal Kenyon 17  
Sophia Martin 17  
Antone Hidalgo-Hawks 17  
Clayton Bethea 17  
Derrick Wily 17  
Crystal McCulloch 17  
Kimberli Burrow 18

Steven Peters 18  
Haley Peters 18  
Benjamin Parker 19  
Rachel Ford 19  
Katalina Lewis 19  
Cheryl Monger-Sept 20  
Sallee Elam 21  
Kristopher Peters 21  
Steven Peters 21  
Jordan Sweitzer 21  
Margaret Witcraft 21  
Annie Ruddell 21  
Timothy Linn 21  
Grace Pughe 22  
Kimberly Zachry 22  
Lydia Parrott 23  
Marvin Newell, Jr. 23  
Joshua Melton 23  
Barbara Henry 23  
Delwin Johns 24  
Jonathon Fry 25  
Zachariah Mirka 25  
Miriam Whitener 25  
Katrina Story 26  
Samuel Penn 26  
Cameron Henry 27  
Alex Salgado 27  
Juana Perry 27  
Katherine Ackerman 28  
Dennis Sigo 29

## What's Happening

		1	2	3	4	5
			Family Court	AA Meeting 7:30	Cedar Leggings class with Josh Mason MLRC from 9:00 - 4:00	
6	7	8	9	10	11	12
		Criminal/Civil Court		Council Mtg.  AA Meeting 7:30	Valentines Day Makeover MLRC @ 1:00	
13	14	15	16	17	18	19
				AA Meeting 7:30	Sa'Heh'Wa'Mish Days	
20	21	22	23	24	25	26
Sa'Heh'Wa'Mish Days		Criminal/Civil Court	Electronic Elections Demonstration	Council Mtg.  AA Meeting 7:30		
27	28	<b>Shaker Prayers and Services</b> Rose and Mike Davis are available for Shaker prayers and services <b>Please call 877-9480</b>				

## Happy Valentines Day to Keesha and all her beautiful Native Sisters



## Love Mom Alexsii





# COMMUNITY



**Happy Valentines Day  
to my wonderful  
husband,  
Nicholas Francis!**



**We love you!  
Love Baby and me!**

**Happy birthday  
to my friend, Jean!  
We hope its a  
wonderful one!**



**We love you! :)**

**Happy Valentines Day Lane!!!  
Love Lxc**



## ***Walking On Glory Johns***

Glory Johns, the wife of Wilson Johns, passed away at home on January 12th. Her long fight with cancer is finally over and she is at peace. She was the mother of Alicia Robinett, Eileen Sutton, Pete Kiser, Moriah Brown and Angela Krc, and grandmother of 21 grandchildren and one great-grandchild. She is greatly missed and will always be in our hearts.

Glory liked gardening, beading, woodcarving, participating in the annual Canoe Journeys and drawing. She also loved to travel and being by the water. She really enjoyed doing cultural activities with the Tribe, especially the spiritual events, such as sweat lodges and the Sun Dance.

Special thanks to everyone that helped out for Glory's services. The family is very grateful!

The funeral service was held at the Squaxin Island Tribal Gymnasium on Tuesday, January 18th, with internment following at Kamilche Cemetery.



***Glory Johns***  
**May 16, 1956 - January 12, 2011**

## ***Together in Heaven***

My dearest friends and family,  
there are things I'd like to say;  
First of all, I'll let you know I arrived  
here safe today.

I am sending word from Heaven  
where I'll dwell with God above;  
There are no tears and sorrow;  
there is only peace and love.

I had to leave you  
as my time on earth was through.  
Loved ones waited for me just as  
I'll wait for you.

I missed them and I am happy  
to be with them again.

I want you all to know  
I'm here with family and friends.

God gave me many tasks  
he wishes me to do

High up on the list  
is watching over all of you.

Don't think I don't hear you  
because I am out of sight;

Remember I am with you every morning,  
noon and night.

When your load gets heavy,  
don't cry too many tears;

I always will be near you to guide you  
through each day.

Remember when you need me,  
I'll just be a thought away.

Our love will build a highway  
and our memories a lane.

I'll walk right down from Heaven  
and be with you again.

Remember when you miss me  
and I am on your mind

Although you will not see me,  
I'm just a step behind.

When your life on earth is over  
and soul is finally free

Believe me when I tell you,  
you'll be coming home with me.





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